

HEALTH MATTERS

THE CINCINNATI HEALTH
DEPARTMENT NEWSLETTER

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Black History Month
American Heart Month
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Editor-in-Chief



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DATES & EVENTS

Black History
Month

American Heart Month

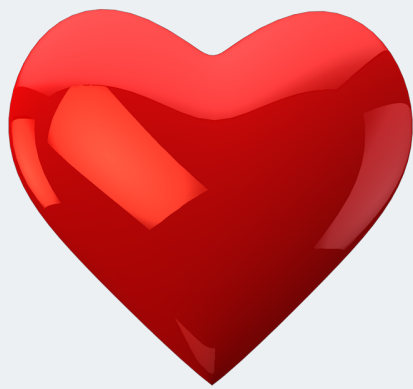
National Children's Dental
Health Month

Duchenne Muscular
Dystrophy Awareness
Week

Feb. 13 - 19

National Eating Disorders
Awareness Week

Feb. 23 - Mar. 1

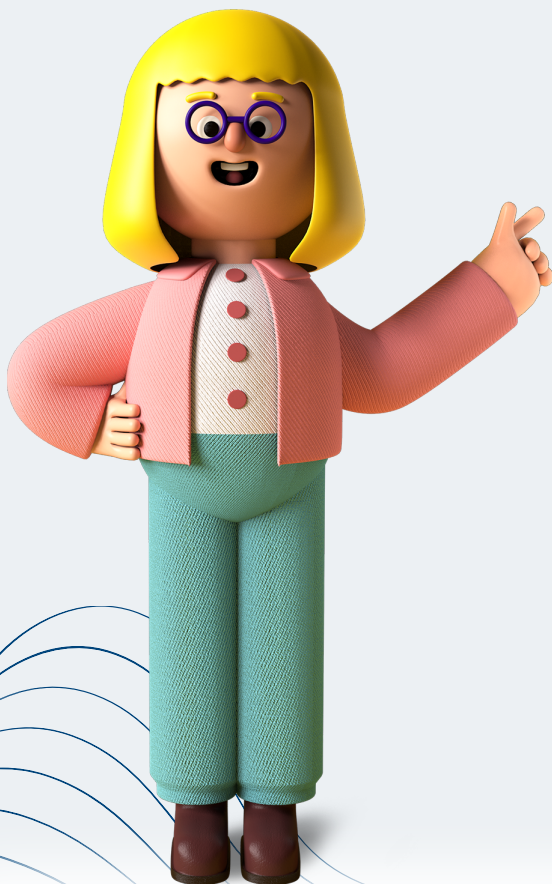


AMERICAN HEART MONTH

5 WAYS TO KEEP YOUR HEART HEALTHY

Each February, the National Heart, Lung, and Blood Institute (NHLBI) marks American Heart Month by raising awareness about heart health and urging Americans to reduce their risk factors for developing cardiovascular disease. Although death rates for cardiovascular disease have decreased by more than 70 percent in the last 50 years, more work needs to be done. Here are 5 ways to keep your heart healthy:

1. **Cut down on salt.** If you have a diet high in salt, it's likely that your blood pressure could be high too – which means you have an increased risk of suffering from heart disease or stroke.
2. **Eat less sugar.** Too much sugar in your diet could lead to weight gain, which can raise your blood pressure and lead to diabetes and heart disease. Swap out sweetened puddings and cakes for fresh fruit and yogurt.
3. **Limit saturated fat.** Eating too much saturated fat – found in butter, ghee, margarine, fatty meats, dairy fats and processed foods such as pies, pastries and cakes – is believed to increase cholesterol levels.
4. **Fill up on fruit and vegetables.** Increase the amount of potassium in your diet by eating at least five portions of fruit and veg a day (potassium can help to lower your blood pressure). The nutrients in fruit and veg – including vitamins, minerals and fiber – may also help to keep your heart healthy.
5. **Get more exercise.** Studies show that people who aren't very active are more likely to have a heart attack than those who are. Aim to get at least 150 minutes of moderate-intensity activity a week to lower your risk of developing coronary heart disease. You can split up the 150 minutes any way you like. For instance, have a brisk 30-minute walk every lunchtime during the week.



NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Preventive Care

Dental hygiene is one of the most important things we can teach our children. Unfortunately, for a lot of parents, getting kids to brush and floss their teeth can be as hard as pulling teeth. But, if we want to protect our kids from having their teeth actually pulled at some point in their lives, we've got to show them the ins and outs of proper dental health.

Here are 10 tips to help your child have a healthy smile:

1. Offer children water instead of soda or sweetened juice.
2. Don't put a baby to bed with a bottle.
3. As the first birthday approaches, encourage your child to drink from a cup.
4. If your kids chew gum, make it sugarless – chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.
5. Floss daily (yes, even for kids).
6. Help your kids develop good brushing techniques by brushing for them first, then allowing them to brush (or do their best to brush) after you.
7. It should take about two minutes to brush teeth. There are apps that help keep the time and make teeth brushing fun. You could also use an ordinary kitchen timer.
8. Make sure your child wears a mouth guard when playing sports.
9. If kids crave a snack, offer them nutritious foods.
10. And, of course, schedule regular dental visits.



THESE STAGES OF DECAY CAN BE
PREVENTED BY BRUSHING AND FLOSSING
TWICE A DAY.



CHD
RETIRES



PAUL ABELN, RPH
STAFF
PHARMACIST
RETIRES THIS
MONTH

**THANK YOU FOR
YOUR SERVICE
AND WE WISH YOU
THE BEST!**



HEALTH MATTERS NEWSLETTER EDITOR-IN- CHIEF

If you have anything you would
like to share in the newsletter
please send information to
Camen Anderson at
CHD.media@cincinnati-oh.gov

CHD= Cincinnati Health Department



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@CINCI_HEALTHDEPT



Camen Anderson
EDITOR-IN-CHIEF